

CHPN Exam Content Outline

1	Patient Care – Assessment and Planning	25
A	Goals of care and shared decision making	
B	Interdisciplinary care planning and ongoing evaluation	
C	Life-limiting disease progression, complications, and treatment	
D	Indicators of imminent death	
2	Patient Care – Pain Management	26
A	Etiology of pain, types of pain, and pain syndromes	
B	Verbal and nonverbal indicators of pain and pain scales	
C	Factors that may influence the patient's experience of pain (e.g., fear, depression, cultural, and spiritual issues)	
D	Medications appropriate to severity and specific type of pain (opioid, non-opioid, adjuvant)	
E	Titration of medication to determine baseline and breakthrough doses	
F	Dosage equivalents when changing analgesics or route of administration	
G	Non-pharmacologic interventions (e.g., ice, positioning, palliative surgery, palliative radiation, psychological therapy)	
H	Complementary and alternative therapies (e.g., Reiki, hypnosis, acupuncture, massage, pet therapy, music therapy)	
3	Patient Care – Symptom Management	28
A	Neurological	
B	Cardiovascular	
C	Respiratory	
D	Gastrointestinal	
E	Genitourinary	
F	Musculoskeletal	
G	Skin and mucous membrane	
H	Nutritional and metabolic	
I	Immune/Lymphatic/Hematologic system	
J	Psychosocial, emotional, and spiritual	
4	Support, Education, and Advocacy	28
A	Advance care planning (e.g., advance directives, life sustaining therapies)	
B	Hospice and palliative care benefits under Medicare, Medicaid, and private insurance	
C	Patient safety: environmental, physical, socioemotional	
D	Communication: techniques, barriers, and cultural humility	
E	Psychosocial, spiritual, and cultural needs	
F	Medication management and controlled substances	
G	Caregiver/Family self-care activities	
H	End-stage disease at terminal phase	
I	Grief and loss support / bereavement services	
J	Support at time of death and post-mortem care	
K	Ethical issues related to end of life	

5 Practice Issues**28**

- A Hospice and palliative care compliance under Medicare/Medicaid
- B National hospice and palliative care standards
- C National practice guidelines and standards (e.g., National Consensus Project)
- D Legal regulations (e.g., OSHA, CMS, HIPAA)
- E Professional boundaries
- F Strategies for self-care and stress management
- G Trends in legislation, policy, health care delivery, and reimbursement as they impact hospice and palliative care

Task Statements**1 Patient Care – Assessment and Planning**

- A Identify patient/caregiver goals and expected outcomes
- B Develop a plan of care to achieve goals and expected outcomes
- C Coordinate patient care with other health care providers through the continuum of care
- D Coordinate transfer to a different level of care or different care setting
- E Identify specific patterns of progression, complications, and treatment for life-limiting conditions
- F Identify and respond to indicators of imminent death
- G Evaluate progress toward outcomes and update goals
- H Monitor need for changes in levels of care

2 Patient Care – Pain Management

- A Perform comprehensive assessment of pain
- B Identify and administer pharmacologic interventions
- C Identify and implement non-pharmacologic and complementary interventions
- D Assess for and respond to complications (e.g., side effects, interactions) and efficacy

3 Patient Care – Symptom Management

- A Provide evidence-based palliative management of signs and symptoms associated with life-limiting conditions
- B Provide evidence-based palliative management for psychosocial, emotional, and spiritual needs

4 Support, Education, and Advocacy

- A Assess and respond to psychosocial, spiritual, and cultural needs
- B Facilitate effective communication among patient, family, and caregivers
- C Encourage patient/caregiver participation in interdisciplinary team/group discussions
- D Counsel or provide emotional support regarding grief and loss
- E Facilitate and coordinate support throughout the continuum of care
- F Teach end-stage disease progression
- G Teach pain and symptom management
- H Train caregiver to provide patient care
- I Monitor, support, and validate primary caregiver confidence and ability to provide care
- J Promote caregiver self-care activities
- K Provide education about access and use of services, medications, supplies, and durable medical equipment (DME)
- L Assess and respond to environmental and safety risks
- M Facilitate self-determined life closure

5 Practice Issues

- A Evaluate eligibility for admission and hospice recertification
- B Incorporate standards, guidelines, and legal regulations into practice
- C Identify and address ethical concerns
- D Participate in continuous quality assurance and performance improvement activities
- E Maintain professional boundaries
- F Incorporate strategies for self-care and stress management into practice
- G Contribute to professional development of peers, colleagues, students, and others as preceptor, educator, or mentor